

Tuna Poke Bowls



Tuna poke is a traditional Hawaiian salad of raw tuna marinated in soy sauce, sesame oil, and onions. Here it's served over sushi rice with your favorite toppings.

Servings: 4 to 6

Prep Time: 20 Minutes

Total Time: 20 Minutes, plus at least 15 minutes to marinate

INGREDIENTS

- 1/4 cup + 2 tablespoons soy sauce (use gluten-free if necessary)
- 2 tablespoons vegetable oil
- 1 tablespoon sesame oil
- 2 tablespoons honey
- 1 tablespoon Sambal Oelek (see note)
- 2 teaspoons fresh grated ginger
- 3 scallions, white and green parts, thinly sliced
- 1 pound sushi-grade ahi tuna (such as yellowfin or big-eye tuna), diced into 1/4 or 1/2-inch pieces
- 2 cups sushi rice, cooked according to package instructions (any other type of rice or grain can be substituted)

OPTIONAL TOPPINGS

- Sliced avocado
- Sliced cucumber
- Edamame
- Pickled ginger
- Diced mango
- Potato chips or wonton crisps
- Sesame seeds

INSTRUCTIONS

1. In a medium bowl, whisk together the soy sauce, vegetable oil, sesame oil, honey, sambal oelek, ginger, and scallions. Add the tuna and toss. Let the mixture sit in the fridge for at least 15 minutes or up to 1 hour.
2. To serve, scoop rice into bowls, top with tuna poke and desired toppings. You will have extra sauce for drizzling over the toppings; serve on the side.
3. Note: Sambal Oelek can be found in the Asian section of most supermarkets. It is sometimes labeled Chile Garlic Sauce.